

Resource Menu



Legend:



Help Seeker to complete














Help Provider to complete



Negotiated and completed together

The Rules of Engagement resources flip the power base into the hands of the help seeker about the rules they have for help providers to engage with them. It is a suite of separately designed sheets to guide the work and relationship with Help Seeker and Help Provider. It may sound a bit like the Geneva Convention – it probably is as it forms the basis of a negotiated agreement and relationship terms.

 Let's Get Practical: Help Seeker	A simple outline of the important personal and contact preferences that are important for the help provider to know.
 Let's Get Practical: Help Provider	A simple outline of contact and background information about the Help Provider.
 Help Seeker Profile	A guide to engage with and introduce yourself to a potential Help Provider. A great tool to attract the right Help provider to your team.
 Designing the Right Help Provider for Me	A guide to work out the characteristics and skills you are wanting in a Help Provider partner.
 Help Provider Profile	A guide to attract and introduce yourself to a potential Help Seeker. It asks you to share who you are and what is important to you. It is designed to help equalise power imbalances right from the start.
 Nothing About Me without me	A guide to think, discuss and provide instructions to help providers on how much and who they can talk to others without you.
 Access All Areas	A guide to think, discuss and provide instructions to help providers on the types of opportunities you do and do not want to engage within your own community.
 Don't Other or Out me	A guide to think, discuss and provide instructions to help providers to ensure their actions do not stigmatise or discriminated against you.
 When You are worried about me	A guide to think, discuss and provide instructions to help providers about how to act when they are worried about me.
 Challenge & Cheerleader	A guide to think, discuss and provide instructions to people as how to best challenge and cheerlead me.
 Not Another Groundhog Day	A guide to think, discuss and provide instructions to help providers on how to avoid Groundhog Days.

A set of resources to help determine and design the nature of the Help Request/s and subsequent Help Offers. These resources aid greater clarity and communication between the help provider and help seeker and are not focussed on goal achievement.

The resources are useful to both help seekers and help providers and work best when done in collaboration.



Flesh & Test my Mind-Life Request

A flow chart to work through the steps to determine your help request/s.



The Problem is Never the problem

Our initial problem may not be the actual problem to solve. Asking the presenting challenge “5 why” questions, helps to uncover the real need to address and ultimately refine our help requests. This tool can be used solely or in a discussion with help providers.



The Help Request Card

Best paired with: The Problem is Never the Problem worksheet This can be completed either by yourself with the Help Provider, then handed to them.

By asking yourself 3 questions, this card will give you more clarity about the nature of your individual requests for help. It will also help providers to determine if they have the right skills, experience and resources to meet your request.



The Help Offer Card

Best paired with: The Mind-Life Pitfall cards, The Mind-Life Cheat Sheet, The Problem is Never the Problem worksheet and The Accountability Plan.

Reflecting upon the help request, 3 questions will guide you to detail your help offer to the person with the help request, with the expectation that it meets their needs.



Cheat Sheet

A quick easy reference Mind-Life Cheat Sheet of powerful questions to have deeper conversations about the nature of the Help Request.



Help Provider Accountability Plan

Best paired with: The Help Offer Card/s, The Mind-Life Pitfall cards, The Problem is Never the Problem worksheet & The Cheat Sheet.

This plan flips the normal personal plan, placing the focus on the actions, achievements and accountability of the Help Provider to the Help Seeker. Completed in collaboration both Help Seekers and Help Providers will benefit by clearly understanding the nature of the support to be provided and how it meets the help request.



Mind-Life Pitfall cards

A set of cards that identify potential key pitfalls that could occur when both seeking help and providing help. Reflecting on the situations together will assist to ensure the help provision avoids any pitfalls.



Casting My Dance Troupe

Best paired with: The Help Request and Offer Card/s

Using the analogy of dance, this resource has been designed for help seekers to cast dancers in their dance troupe. It provides a mapping process, engaging the help seeker as casting director to select the specific dancers they want to dance with. This may be especially useful if you are working on a number of help requests or have multiple people on your team all doing the same thing.

A set of reflection resources that underpin, flip and challenge the concept that people who experience Mind-Life challenges need fixing.

Mind-Life Proposition

A provocative statement that underpins and informs all of the resources and approaches associated with Mind-Life. This is a must read for those who want to understand the heart-beat of Mind-Life, as well as for those who are interested in personal and system transformation.

Mind-Life Mind Sets

A set of 16 key principles that are designed to provoke, challenge and stretch how help provision is currently delivered. The 5 themes are: On Community, On Psychosocial Disability, On the Role of Others, On Human Rights, On Personal Capacity. Their many uses are only limited by our imagination and downloadable in multiple formats. Engaging with the essence of each of these principles may not be easy but may be worth it to both help providers and help seekers.

Mind-Life Blogs

Mind-Life short articles posted throughout the project. Each Blog discusses viewpoints and wicked problems that can occur when either accessing or providing help. These can be used for quiet contemplation or for wider group reflection and discussion.

Mind-Life Stories of Pain & Gain

A set of XX stories taken from interviews with Help Seekers and Help Providers. Each story highlights some of the pitfalls that occur between Help Seeker and Help Provider. Each story includes a set of reflective questions.

Mind-Life Mayhem Podcasts

A series of provocative conversations around each of the ML Mindset categories. These can be viewed or listened to individually or with a group of people. Find these on the Mind-Life website.

Mind-Life Power Prompts

A set of powerful statements to think through a variety of situations and common pitfalls that we can all fall into. They are focussed on holding onto a strong voice, determination and identity. They may be useful to reflect on personally, or initiate conversations with friends or help providers.

Mind-Life Reflective Practice Best paired with: Mind-Life Mindsets

Used in conjunction with the Mind-Life Mindsets this is an easy guide for reflective practice for teams and individual help providers. Reflective Practice assists to ensure high levels of creativity, relevancy and responsiveness in how help is provided. This is a great resource for when things get “sticky” and for ongoing general skill development and growth.

Mind-Life notes tear out page

A blank page for your notes and creativity

The Ultimate Review

Resources that encourage the Help seeker to provide feedback to the Help Provider on the nature of service that promotes a positive Mind-Life.

 **Mind-Life Thank you**

A set of ML thank you cards that can be given to a Help Provider to acknowledge great work and your appreciation. They also serve to describe what good help provision looks like.

 **Mind-Life Pitfall cards**

These are the same set of cards from the 'negotiating help' set but with a different purpose. When pitfalls are experienced, these cards provide Help seekers an opportunity to reflect of what they "think", "feel", want to "say" and "do" for each of these pitfall situations. They provide an ideal conversation starter to raise with Help Providers who may have fallen into some of these pitfalls.



Help Provider



Help Seeker



Working Together